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Texas Air National Guard | Fort Worth, Texas



Diving in the face of danger; that's what we do Military to civilian; are you career ready Live our values (SAAM)

Stories in this issue...read on.

Commander's Comments

Welcome to April UTA



Col. John J. Conoley III 136 AW Commmander

We have a lot going on in anticipation of the Unit Effectiveness Inspection in June.

The first thing on our plate is a DOMOPS exercise. Our newly formed IG is employing different scenarios that we have not seen before. We are used to having several months to prepare for an exercise, but with a DOMOPS exercise, the response is much quicker. This is new territory for all of us — and having minimal time to prepare for exercises will become the status quo. Let's have fun and learn from this exercise.

April is also Sexual Assault Awareness Month & Child Abuse Prevention Month. Supporting events are advertised around the wing and on our Facebook page. Please take advantage of these events such as the SAPR 5K Fun Run on 18 April.

Saturday of May drill will be our Family Day. There will be all kinds of activities planned for the kids such as water slides, dunking tank, petting zoo, bounce house and much more. So, be sure to bring your family out and have fun.

A final word about our great air-

men—we really do have some of the finest airmen in the TXANG. Just one example is Tech. Sgt. Lawrence Thibeault, from the 221st Combat Communications Squadron, who recently received the Noncommissioned Officers Association 2014 Vanguard Award. He was recognized for assisting with the medical care and evacuation of five elderly residents from the West Rest Haven Nursing Home in West, Texas, following the West Fertilizer explosion last year. It sure makes me glad we have airmen like Tech. Sgt. Thibeault on our team!

Have a great drill!





U.S. Army Sgt. 1st Class Leroy Petry, an Army ranger and a Medal of Honor recipient from the Afghanistan and Iraq war, arrives at DFW Airport and greeted by U.S. Air Force Capt. Christopher Harrigan, 136th Airlift Wing, Comptroller Flight, Texas Air National Guard, April 9, 2014. Petry was awarded the MOH on July 2011 for going above and beyond saving the lives of his fellow comrades by throwing a live grenade away from them. He lost his right hand in the process and still continues to serve in the active force.(Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert/released)



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Cover Photo by Senior Master Sgt. Elizabeth Gilbert 136th Airlift Wing/Public Affairs





Diving in the face of danger That's what we do

by Senior Master Sgt. Elizabeth Gilbert 136th Airlift Wing Public Affairs

DALLAS, Texas -- In the face of danger most people will steer clear of trouble, but for Tech. Sgt. Lawrence Thibeault, a cyberspace operator assigned to the 221st Combat Communications Squadron, 254th Combat Communications Group, Texas Air National Guard at Hensley Field Air Guard Station, helping others in trouble is second nature.

Thibeault was recently selected as the Air National Guard nominee for the 2014 Noncommissioned Officers Association Vanguard Award for his heroism during the West, Texas fertilizer plant explosion on April 17, 2013. He provided life-saving aid for five elderly residents of the West Rest Haven Nursing Home and coordinated their evacuation for follow-on medical care.

"I was driving from Austin (my home town for the past decade), on my way to drill that Friday night when I felt a strong force push my car and I heard a loud clap," said Thibeault, "I pulled over and saw a mushroom cloud to the east of me."

As a traditional Guardsman, Thibeault comes to his Unit Training Assembly once a month by way of I-35 north, which passes through West, Texas. That evening he was unaware that for the next three hours his courage and training would be tested. The

moment he saw the mushroom cloud all he could think of was a domesticterrorist attack. He immediately got back in his car and raced towards the location of the smoke cloud now floating above the town of West, Texas.

As he approached the scene of the disaster, he came across a building that had extensive structural damage. There were several bystanders and victims gathered outside the damaged building. He parked his car and ran inside.

"I knew somebody was hurt," said Thibeualt. "I went directly to the explosion site and ran inside the collapsed building. I didn't realize it was a nursing home until I went inside."

Once inside, he assessed the situation and offered his help to rescue the stranded residents. Thibeault then located a five-person evacuation team and proceeded further into the wreckage looking for non-ambulatory survivors. He discovered an elderly woman trapped by debris, but there was no clear path of evacuation from his present location. He sought an alternate route and began to clear the debris towards the pinned woman.

"I needed to get her out," said Thibeault. "But once I got to her I could see that she was hurt."

He performed self-aid and buddycare, a training ingrained in every Air-



Tech. Sgt. Lawrence Thibeault, a cyberspace operator assigned to the 221st Combat Communications Squadron, 254th Combat Communications Group, Texas Air National Guard

man. He assessed her injuries to the wrist and shin; nothing that would preclude her from being moved. With the help of another volunteer he lifted the patient out of her bed and onto a wheelchair. The woman was taken to safety and he continued to look for more residents to assist. He rescued five more residents to include a woman trapped by debris with her six-year-old granddaughter and brought them to safety.

"The girl was scared and frantic," said Thibeault. "I told her the most important thing she could do for everyone was to smile. She did. This memory is forever ingrained in my mind (her smile)."

DANGER continued on page 4

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By now the smell of gas was evident and all Thibeault could think of was getting the residents out of the building as quick as possible before a second explosion occurred. While evacuating the woman and her granddaughter, he discovered another elderly victim pinned in her hospital bed, incapable of walking. With the help of other rescuers, he cleared the medical equipment attached to the woman and lifted her onto a wheel chair and took her to safety. He continued his efforts until the smell of gas intensified and a greater risk of another explosion was highly probable. He evacuated and proceeded to the make-shift helipad.

Once at the helipad, Thibeault assisted in the extraction of the patients with life-threatening injuries. He helped medical and civilian personnel assess and render aid to the victims of the nursing home. The rest of the victims taken to the West ISD, football stadium, the staging area for injured victims who were not in a life or death situation. He stayed until the first responders finally arrived and they no longer needed his service.

"I was overwhelmed with emotion once I realized what had happened. I didn't know it was the fertilizer plant that exploded until after the dust settled," said Thibeault. "I would have done it again. That's what we do."



Members of the 136th Security Forces Squadron train for urban warfare at Brownwood, Texas during their annual qualification course, March 21, 2014. (Air National Guard photo by Master Sgt. Charles Hatton/released)

Live our values

Sexual **Assault** Awareness Month

by Lt. Col. James Castleman Sexual Assault Response Coordinator

exual assault is a problem in American society at large and in our own ranks. It is one of the top unreported crimes, with only 20% of sexual assault cases being reported. April is recognized throughout the United States as Sexual Assault Awareness Month (SAAM). This

year's campaign theme is "Live values: our step up to stop sexual assault." This theme designed strengthen personal commitment from every service member, at ev-

"Be a good wingman and lookout for each other."

participants in creating a culture of dignity, respect, and trust. The capstone SAAM event will be a 5K run on April 18, at 1100. All personnel (military, civilian, family members, retirees, etc...) are invited to participate.

What can be done about it? Take action for prevention. For the last two years, we have trained the wing during our Sexual Assault Prevention and Response (SAPR) stand down days. The fundamental message is this - be a good wingman and look out for each other. If you see someone in a vulnerable situation - get them out of it. Whether it be a potential victim, or a potential assailant. Another key element of prevention is to understand what consent means - simply stated "yes means yes, and no means no."

Consent may also be withdrawn non-verbally by putting up physical resistance or pushing away. Know your reporting options - restricted and unrestricted. Each one has advantages and disadvantages. Realize that ANYONE in your chain of command has a duty to report possible sexual assaults. If you

> tell someone in that chain, you can limit your reportoption ing to an unrestricted report. Please remember this and be mindful of who

ery level in our Military, to be steadfast you communicate with. It is possible though, to confide in a wingman and still retain a restricted reporting option, assuming that wingman is not in your chain of command and does not tell the

> For those wanting additional tools there is a non-military developed mobile application called "Circle of 6", available on both iPhone and Android. It provides pre-formatted text messages to a pre-selected circle of six to help with a variety of situations from needing a ride home, to requesting an interruptive phone call, or just needing to chat. It also provides hot line information to national crisis centers for rape and domestic abuse and an "all clear" button that sends a pre-formatted text message to the circle of six saying that help has been received.





Medalof

136 AW Airmen

volunteered

Airmen of the 136th Airlift Wing welcomed the arrival of 16 Medal of Honor recipients from WWII to the Afghanistan/Iraq War at DFW Airport, Texas, April 9, 2014. The MOH recipients were given a heroes welcome as they arrived through the airport. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert)

to greet and meet real **heroes**









136th Security Forces

Airmen train like they fight

Story by Airman Cody Witsaman 136th Airlift Wing Public Affairs

BROWNWOOD, Texas - U.S. Army Camp Bowie provided their firing ranges on March 19 - 22 for the Combat Arms Training and Maintenance instructors to oversee and teach weapons qualification to the members of the 136th Security Forces Squadron. This annual event also incorporates the Military Operation Urban and Building Clearing Training. The instructors' primary goal of the training is to qualify their airmen on certain weapons: the Colt M4 Carbine Assault Rifle, M9 pistol, M-240 Bravo Machine Gun and M-249 Machine Gun. The training also allows room for the instructors to highlight the importance of teamwork, cohesiveness and reinforce the wingman

"We hope that everyone comes out with motivation and a willingness to learn, because each member must qualify every year, but with a new instructor they can build upon their previous instructions." said Tech. Sgt. Geoffrey C. George, Security Forces Squadron CATM instructor.

In addition to challenging the students, this event serves as an opportunity for the instructors to grow as well. "All of the instructors are very close, and we challenge each other daily even when we are shooting," said George. "The better we are, the better we can improve and assist our students."

Along with the new instructors, there is a "new course of fire that simulates more realistic scenarios similar to what they would face in a deployed environment," said George.

With this new course being implemented, "it is not something an average shooter can come out and succeed on the first try, which is why it takes so much practice and gives a reason for everyone to take the course seriously," said George. "The course

is tough enough that the weaker shooter is hoping to qualify, whereas the more experienced shooter is trying to better themself and potentially make expert qualification or a perfect score for the first time."

Every member involved in this activity has the necessary attitude: be the best of the best. This mind-set brings a level of confidence to a team that can be extremely beneficial for building a cohesive group during deployments.

This sense of cohesiveness is vital "because National Guardsmen come together

once a month during Unit Training Assembly weekends and will deploy together as well," said U.S. Air Force Tech. Sgt. Randy Walthall, 136th Security Forces Squadron CATM instructor.

"During a deployment, we all



136th Security Forces Airmen move through urban training with intent as they sweep the area for enemy encounters at Camp Bowie, March 21, 2013. (photos by Master Sgt. Charles Hatton/released)

need to be on the same page and train the same so when we are out doing our job, we can all watch each other's back and make sure everyone is safe," said U.S. Air Force Staff Sgt. Steven Hein, 136th Security Forces Squadron. "We want to make sure you go home and your wingman goes home; if everyone is not on the same page then someone could get hurt, or worse."

This belief is shared by every member of the team, especially from Security Forces leadership. With the leadership working alongside the Airmen, it pushes them to succeed at whatever task is presented as well as creating a morale booster within the unit. "It is a huge morale booster to see the leadership out here with all their Airmen to promote camaraderie as well as any other issues that may arise, such as billeting and administration," said Walthall.

Instructors and students alike, the 136th Security Forces all know and feel what it is like to be a part of a team that could one day save each other's lives. "Everyone should give 100 percent, and that is all I ask for," said Hein.

























Military to civilian; are you ready

by Senior Master Sgt. Elizabeth Gilbert 136th Airlift Wing Public Affairs

NAVAL AIR STATION FORT WORTH JOINT RESERVE BASE,

Texas—The Air National Guard Transition Assistance Program (TAP) hosted more than 1,250 service members from

all branches of the US military transitioning from active duty back to the civilian work force here at the 136th Airlift Wing Family Readiness Group since January 2013.

"We just had a class finish this March 7," said Ms. Heidi Bearden, Family Readiness Program manager, 136th Airlift Wing. "We had a lot of positive reviews from the service members who attended the program. Our next class will be set for April 21-25."

What is TAP? The purpose is to provide service

members transitioning from active military service the tools to apply their experiences on active duty to the civilian world. Only service members who have completed 180-continuous days or more on Title 10 orders on or after Oct. 1, 2012 qualify for the free program.

TAP is designed to provide individual assessment and counseling to include a deactivation checklist, individual tran-

sition plan, a five-day curriculum of financial planning, veteran's benefits and services, an employment workshop assisting in resume writing, interviewing skills and dressing for success. TAP also offers

The Transition Assistance Program (TAP) provides a state-of-theart computer room filled with 48 terminals to train and assists returning service members from 180-day tour or greater; to become ready to integrate back into their civilian life.

three additional two-day classes including; Boots to business (Entrepreneur Class), Higher Education (process of choosing a college, applying for college and paying for college) and finally a vocational/technical track.

"Currently, the 136AW is the only ANG TAP hub base location in the Nation," said Bearden. "Our classroom has state of the art computers and can hold

up to 48 people per session. We have been averaging about 38 service members per class."

Service members who are near an active duty installation are encouraged to attend locally, but due to the high demand

for the program some active duty installations are not able to accommodate ANG members in a timely manner. Therefore the ANG hub offers availability of classes once a month.

"TAP has been in existence for nearly 20 years however this is the first major overhaul of the program," said Bearden. "In 2011 the President signed the Veterans Opportunity to Work (VOW) Act which mandated TAP across services. We hosted our first class in January 2013."

TAP was developed with Veterans Affairs, Department

of Labor, Small Business Administration, Office of Personnel Management, Department of Education and the Services to fulfill the responsibility to properly prepare and support service members being "career ready" as they transition from the uniform to the civilian world.

"The program's benefit is in giving the service members the tools to succeed in the civilian world," concluded Bearden.

The 136th Airlift Wing is on Facebook!! Visit the link below to "like" us...You don't even have to "friend" us to receive Wing updates

Visit the link below to "like" us...You don't even have to "friend" us to receive Wing updates for community events, discount tickets, free items such as sporting events, giveaways, special events, and photos of 136 AW Airmen in action. Stay tuned for inclement weather base closure information—now on Facebook.

http://www.facebook/136AW





Office of the **Staff** Judge Advocate Just **don't** do it

by Tech. Sgt. Darion Reyes 136th Airlift Wing Office of the Staff Judge Advocate

he political climate for sexual assaults in the military has taken a direction which campaigns aggressively to put an end to sexual assaults. Most awareness mantras get the point across that if you commit an assault you will face severe punishment. The military justice system is designed to punish military members who deviate from good

order and discipline. The media is filled with front-page stories on courts-martial that have taken place to try military members for sexual assault, most prominently, the New York Times reported on the cases at Lackland Air Force Base where Military Training Instructors used their position of power to influence trainees and take advantage of them, some resulting in rape.

The media has highlighted certain cases of sexual assault; therefore we know the types of punishments served on the accused. Media reports have brought attention to cases where the punishments have appeared to be too lenient. One prominent example of a perceived light punishment is the case of Army Brig. Gen. Sinclair. There are no absolutes; each case has to be tried on its own merit. There are always multiple circumstances to each case that make them grey. General Sinclair was not found guilty of assaulting his subordinate officer but plead guilty to adultery and mistreatment. He was quoted by the Washington Post as saying "I'm a general, I'll say whatever the [expletive] I want." to his staff when they challenged him. This type of military culture perpetuates situations where unlawful command influence can grow and thrive, resulting in lower ranks fearing those appointed over them, which makes it a prime environment to target unsuspecting victims.

Comments made by President Obama on May 7, 2013 were definitely well intentioned but resulted in aiding the defense side of our military justice system. The President stated "I expect consequences,"... "So I don't just want more speeches or awareness programs or training, but ultimately folks look the other way. If we find out somebody's engaging

"Sexual assaults in the military can end once and for all and it begins by changing the way victims are treated."

in this, they've got to be held accountable – prosecuted, stripped of their positions, court-martialed, fired, dishonorably discharged. Period." President Obama's comments allowed defense counsel in courts-martial proceedings to argue that the Commander-In-Chief's comments resulted in unlawful command influence.

Unlawful command influence is prohibited under Article 37(a) of the UCMJ which states in part that [no] person subject to this chapter may attempt to coerce or, by any unauthorized means, influence the action of a court-martial or any other military tribunal or any member thereof, in reaching the findings or sentence in any case, or the action of any convening, approving, or reviewing authority with respect to his judicial acts. Therefore any jury member who heard or read the President's comments might be inclined to hand down such a punishment which is prohibited by Article 37(a). President Obama points out that we need more action in addition to awareness campaigns; we should look forward, be proactive and

explore other avenues to prevent sexual assaults in the military.

April is Sexual Assault Awareness Month (SAAM); you might see posters on walls, videos on the internet raising awareness of sexual assault through satire e.g., "How To Not Get Raped", briefings, documentaries like The Invisible War and even role-playing scenarios. These have all

> been put in place in an effort to reduce this type of crime. Something commonly heard is that we will never completely rid the military of sexual assaults; all we can do is bring about awareness and bring the accused to justice. That doesn't have to be reality, sexual assaults in the military can end

once and for all and it begins by changing the way victims are treated.

In order to protect men and women who are victims of sexual assault, the Special Victims Council was formed in November 2013. Most recently the program won the 2014 Federal Service Award. At last, victims have a legal advocate to fight for them, to be their voice and make sure they are heard loud and clear. It is important to keep in mind that sexual assaults don't just happen to women, men are also being subjected to this crime but they are under-reported. Hopefully, if victims know they will have their day in court and have the confidence that the accused will be severely punished for their crimes; the military might have more people come forward and report this type of crime. Alcohol seems to play a role in creating the perfect scenario for sexual predators, the best thing to do when going out drinking together is to build trust, protect each other, and not take advantage of a situation where someone's judgment might be impaired. Just don't do it!





Around the Wing



Promotion

Major

Patrick Lacicero

When: Feb. 24, 2014 181st Airlift Squadron

Pilot



Farewell
Chaplain (Capt.)
Robert Stone

When: March 21, 2014 136th Airlift Wing Staff

Chaplain



Retirement
Senior Master Sgt.
Steven Perry

When: March 20, 2014 181st Airlift Squadron Flight Engineer

If you have an announcement please submit to 136AW.PA@ang.af.mil



THE HAPPENING

The Dallas Stars along with the Ice Dancers visited our Wing to promote the Stars Military night at American Airlines Stadium. Our Airmen went to DFW Airport to welcome Medal of Honor recipients for the annual MOH parade held at Gainesville, Texas on April 12. We also had a candlelight vigil for SAAM, several retirement ceremonies and an awesome crawfish boil by the 136th Civil Engineers. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert and Tech. Sgt. Darion Reyes)





















The Work Place

Airmen from the Wing are everywhere. Their work place ... wherever they show up to do what they do best, they represent the Texas Air National Guard with pride. (National Guard photos by Master Sgt. Charles Hatton and Airman Cody Witsaman)

















Chaplain's Corner

by Chaplain (Major) Louis Ferguson 136th Airlift Wing Chaplain

Rest

"There's no rest for the weary." Perhaps you've said that or thought that. So many people today describe their lives with one word, "busy." Since we are so busy, it often makes rest a rare treat. There are times when all of us need a little rest. After a long and hard day of work we look forward to the promise of a quiet night's rest at home. We are getting close to the end of another school year, students and teachers will look forward to vacation days that help them refresh and renew (REST).

Rest can often give us the peace that we need to face the uncertainties and challenges of our busy modern day lives. Long ago King David said, "Rest in the Lord, and patiently wait for Him."

In God, we find the peace and rest that passes all understanding. He takes the turmoil, uncertainty and sin of our hectic lives upon Himself and gives us instead His peace, not as the world gives, but rather, that He alone can give.

Resting in Him, the harsh words we have spoken today, the anger in our hearts, the worries that give us sleepless nights and the concerns for our loved ones have less potential to rob us of God's peace. God's forgiveness and His loving protection surround us. God never fails to forgive us, and so we have the most precious rest in the world, the rest from sin.

As we begin Spring, enjoy the sunny skies, the warmer days, the beauty of creation and the rest that only God can give us.

Don't forget every UTA Sunday at 0800 the Chaplain's Office provides a 30 minute worship opportunity in the Multi-Purpose room.











Human trafficking

by Major Steven Taylor 136th Security Forces Squadron/Antiterrorism Officer

We all know that the United States of America and the Department of Defense have taken a lead role in combatting the scourge of human trafficking.

Human trafficking has been identified as the largest human rights violation in the history of mankind. The U.S. Department of State Annual Report of Human Trafficking for 2013 noted that all states and all but one territory have enacted modern antitrafficking criminal statutes in recent years.

All states and all but one territory have enacted modern anti-trafficking criminal statutes in recent years. All 50 states prohibit the prostitution of children under state and local laws that predate the Trafficking Vulnerable Persons Act (TVPA); however, the application of these laws continues to result in some trafficked children being treated as criminal offenders. By the end of 2013, some states had passed additional protections such as asset forfeiture provisions, access to civil remedies, and training for law enforcement; 14 states had enacted "safe harbor" laws to ensure that children are treated as victims and provided services rather than being prosecuted for prostitution; and eight states had enacted laws to allow trafficking victims to petition the court to vacate prostitution-related criminal convictions that result from trafficking.

While these laws reflect an increased effort by state legislatures, observers report that state anti-trafficking laws generally lack uniformity and consistency across jurisdictions. The good news is we are making

progress and the laws against human trafficking are getting tougher on the criminals and seeking to help those who have been victimized.

Here at the 136th Airlift Wing, we have posters throughout our facilities; we post articles like this one in the Carswell Flyer to ensure our Airmen are aware of the problem. We still have a long way to go, Human trafficking encompasses the illicit sex trade, slave labor, child soldiers and even organ trafficking. As I prepared my submission for the April-May Carswell Flyer, I came across the January 2011 post containing the information listed below on a site called Randomfacts.com. I highlighted a few facts that I found particularly disturbing

A few Little Known Facts About . . . Human Trafficking

- There are more human slaves in the world today than ever before in history.
- Human trafficking not only involves sex and labor, but people are also trafficked for organ harvesting.
- Eighty percent of North Koreans who escape into China are women. Nine out of 10 of those women become victims of human trafficking, often for sex. If the women complain, they are deported back to North Korea, where they are thrown into gulags or are executed.
- An estimated 30,000 victims of sex

- trafficking die each year from abuse, disease, torture, and neglect. Eighty percent of those sold into sexual slavery are under 24, and some are as young as six years old.
- Although human trafficking is often a hidden crime and accurate statistics are difficult to obtain, researchers estimate that more than 80% of trafficking victims are female. Over 50% of human trafficking victims are children.
- According to a 2009 Washington Times article, the Taliban buys children as young as seven years old to act as suicide bombers. The price for child suicide bombers is between \$7,000-\$14,000.
- UNICEF estimates that 300,000 children younger than 18 are currently trafficked to serve in armed conflicts worldwide.
- Pregnant women are increasingly being trafficked for their newborns
- Human traffickers are increasingly trafficking pregnant women for their newborns. Babies are sold on the black market, where the profit is divided between the traffickers, doctors, lawyers, border officials, and others. The mother is usually paid less than what is promised her, citing the cost of travel and creating false documents. A mother might receive as little as a few hundred dollars for her baby.





- Over 71% of trafficked children show suicidal tendencies.
- Human trafficking is estimated to surpass the drug trade in less than five years. Journalist Victor Malarek reports that it is primarily men who are driving human trafficking, specifically trafficking for sex.
- Human trafficking around the globe is estimated to generate a profit of anywhere from \$9 billion to \$31.6 billion. Half of these profits are made in industrialized countries.
- Today, slaves are cheaper than they have ever been in history. The population explosion has created a great supply of workers, and globalization has created people who are vulnerable and easily enslaved.
- Sex traffickers often recruit children because not only are children more unsuspecting and vulnerable than adults, but there is also a high market demand for young victims. Traffickers target victims on the telephone, on the Internet, through friends, at the mall, and in after school programs.
- The FBI estimates that over 100,000 children and young women are trafficked in America today. They range in age from nine to 19, with the average being age 11. Many victims are not just runaways or abandoned, but are from "good" families who are coerced by clever traffickers.
- The largest human trafficking case in recent U.S. history occurred in Hawaii in 2010. Global Horizons Manpower, Inc., a labor-recruiting company, bought 400 immigrants in 2004 from Thailand to work on farms in Hawaii. They were lured with false promises of high-paying farm work, but instead their passports were taken away and they were held in forced servitude until they were rescued in 2010.

Major Steven Taylor
136 AW Anti-Terrorism Officer
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The role of

Resilience

Commentary by Ms. Brenda Roland 136th Airlift Wing WDPH

Being resilient doesn't mean going through life without experiencing stress and pain.

It also not something that you're either born with or not.

It develops as people grow up and gain better knowledge.

It comes from supportive relationships.

It can be found in a variety of behaviors, thoughts, and actions.

4 Qualities of Resilient People

- 1. Integrity
- 2. Social support
- 3. Exercise self-control
- 4. Decisive (attempt to control only those things over which they have control). Take responsibility

Factors that contribute to resilience include:

- Close relationships with family and friends
- A positive view of yourself and confidence in your strengths and abilities
- The ability to manage strong feelings and impulses



- Good problem-solving and communication skills
- Seeking help and resources

Becoming More Resilient

Want to learn more effective ways to respond to adversity. Your WDPH is a mental health professional. For a multiplicity of reasons, you may believe that despite your best efforts, you are "stuck" and don't know how to move forward. In this case, it may be worthwhile to seek professional help. Please stop by or call me. Aerial Port Way- Bldg. 1670- Rm 134 – NAS Fort Worth JRB Com: 817-852-3597 DSN: 874-3597 Cell: 817-937-6324







Use common sense when posting On social media sites...

by Airman 1st Class Zachary Vucic Air Force News Service

7/22/2013 - FORT GEORGE G. MEADE, Md. (AFNS) -- Engaging in social media can be a positive experience that entertains, keeps people connected and allows opinions to be expressed on a wide variety of topics.

In some cases though, social media

can ruin personal reputations or careers, and create an open window for criminals to access personal information.

According to the Air Force's top social media expert, safe use of social-media outlets is simple -- use common sense.

Tanya Schusler is the chief of social media for the Air Force Public Affairs Agency,

Joint Base San Antonio-Lackland, Texas. She said in many cases, problems arise when people are "too trusting" with their personally identifiable information.

"It can be something as simple as sharing your location when visiting your favorite store or restaurant," said Schusler. "This tells your social network one critical piece of information -- you're not home."

To take full advantage of social media, and still post to Facebook and tweet to friends safely, Schusler offered the following advice:

Many Airmen cause issues by posting photographs of themselves violating appearance standards, acting inappropriately and most importantly, violating operational security protocol. If you're not within regulations, don't post it.

Airmen should not post information about deployments or photos of secure areas within their workplace. Even if the Airman takes the information down shortly after posting, someone has already seen it. The information can be printed, screen captured, copied etc. Once information is released to the internet, it's there permanently.

When posting personal opinions about Air Force topics, provide a disclaimer stating the opinion as your own,

"We don't want
Airmen to feel like
they are stifled from
sharing information."

and not that of the Air Force. This can be done either as a disclaimer on a profile, or on each individual post and will alleviate any potential confusion from followers reading the post.

If an Airman posts a statement about hurting himself or others, time is of the essence. Contact 911 if you know the location of the Airman. If you do not know the person's location, contact the command post or your supervisor for assistance in locating the Airman. It is important to seek help for these individuals immediately.

Using certain security features within social media sites can help mitigate some of the risk of personal information being shared. However, privacy policies change almost daily, and Airmen may not know about the updates.

Therefore, do not rely on site security measures alone. Be careful of whom you allow into your social media networks, and don't trust that the account will always remain secure. Assume personal responsibility.

Airmen's social-media pages are their personal space, and they are encouraged to tell their personal Air Force stories through social networks. They simply need to ensure the information they post is cleared for release and within regula-

tions. Don't jeopardize the mission or put anyone's life, or lives in danger. Think before you post.

"We don't want Airmen to feel like they are stifled from sharing information," Schusler said. "We just want to emphasize the use of common sense to keep people safe."

If Airmen have questions about acceptable posting to social media, there are resources available to them for guidance. AFPAA has published a new booklet, the Air Force Social Media Guide, available for download here, or at http://www.af.mil on the homepage under the social media icons. Airmen can also contact their local public affairs office with questions.









The Spartan Beast, a 12-mile obstacle course filled with numerous gutt busting exercises that test everyone's stamina, endurance and sheer will to finish the race. 20 members from the 136th Airlift Wing participated in the 2012 race.

Commentary by Tech Sgt. Rikki Johnson 136th Force Support Squadron/Services Flight

I recently read a piece written in the Air Force Times about the tape test and the extremes to which Airman will go just to pass this component. There are stories of people applying heat rubs to their bodies and working out in plastic running suits just to burn off that little bit of water weight to make the minimum requirement on the abdominal circumference component.

They fail to realize the harm they are causing themselves because actions like this are just depriving your body of much needed hydration. Being that we all live here in Texas, we cannot afford to be dehydrated when taking this test. It could lead to heat exhaustion, heat stress, or worse, heat stroke.

These *stories are coming from mostly active duty Airman who are allotted the time in their work day for physical training. The challenge for most Guardsmen is that we are not allotted paid time-off to work out (civilian employment). This is where the mindset has to change if we

are to pass our fitness assessments and, most importantly, adapt a healthier, active lifestyle.

I understand being a traditional Guardsman that you must find your own time to work out regularly and it can be

"We have a duty to ourselves, first and foremost, and a duty to our service to be "fit" in all areas of our lives."

very hard at times, but we make time for what is important to us, and what is more important than our health? We have a duty to ourselves, first and foremost, and a duty to our service to be "fit" in all areas of our lives. Do not tell yourself another day that you will start that diet tomorrow or "I will start working out tomorrow."

There is no better opportunity than

right now. There are many tools out there for you start on your path to physical wellness. You can Google search running programs to help you build up your stamina and endurance gradually and to increase your strength that should result in losing inches off your waist.

A good site to start with is Military.com in the fitness center section. They have articles on fitness test preparation, weight training, and diet and nutrition. You can go to your local gym and get an initial assessment of your physical fitness. I realize that hiring a personal trainer can be pricey, but it is a short term

investment that reaps lifelong benefits when and if you commit.

You can thank me later for starting your fitness program when you have fewer injuries, fewer doctor visits and more energy. We have one body and we must take care of this precious gift of life we have been given.

* note: Ricks, M. (2013, April 8). Tape Test Terror. Air Force Times, pp.16-18.





Wing Safety Snip-Its

A good safety attitude

by By Master Sgt. Porfirio Diaz 136 AW Wing Safety Office

You have been receiving advice about safety for years. You have listened to it, read it and watched television spots on it, but probably never thought much about it. You might even think, "accidents can't happen to me".

Then a friend, who is in a hurry takes a shortcut, suddenly he/she has a devastating accident because of that shortcut, ends up costing an arm or a leg. Everyone is impacted – especially you.

You can see what it means to your friend - physical pain, emotional shock, and lost time. Things will be different. Physical therapy and rehabilitation are long and usually painful procedures with this type of injury.

In the aftermath, you notice your attitude has really changed. You make a point of staying alert to possible hazards. You take the extra time to use special personal protective equipment (PPE) and safety procedures. You are more willing to listen to suggestions that might protect you.

So what exactly are the elements of a good safety attitude?

FOCUS

A good safety attitude means you stay focused on the task. How well are you concentrating on the job? If you have other things on your mind, you may be distracted. And if you are bored, an accidental slip is easy.

STRENGTH

No, this doesn't mean muscle strength. What it means is the strength to do the right thing, even when you are under pressure to take shortcuts. A good safety attitude means you have the strength to stick with the procedures.

TIME

A good safety attitude means taking the time to do things correctly and using the right PPE. Is saving a few minutes worth a lifelong injury? If you add up the life costs due to injuries, it is obvious that it is cheaper to do the job the right way the first time.

RESPONSIBILITY

If you care about yourself and your co-workers, you will take responsibility even when a task "isn't my job". A good safety attitude means thinking of yourself as part of the team.

RISK

We are all at risk. But you can weigh the risks of performing a job a certain way. A one in a thousand risk is not worth the possible cost. A good safety attitude means being smart and avoid taking unnecessary risks.

Having a good safety attitude affects everyone around you. Your home life and relations with others will be positively influenced.

136 AW Safety Staff

- Chief of Safety-Lt. Col. James Freeman
- Ground Safety Manager-SMSgt. Donald Seymore
- Safety Technician–MSgt. Charles Migot
- Safety Technician–MSgt. Porfirio Diaz
- Safety Technician-SSgt. Brandon Galusha

Questions, Comments, Concerns? Contact the 136th Safety Office at 817-852-3210.









Join us on May 17th at the Picnic Area on Naval Air Station Fort Worth JRB 12:30 - 4:00

Activities Will Include:

BBQ Cook-Off Contest Water Slide

Jousting Bounce House Video Game Truck

Pony Rides Petting Zoo

Boxing Ring Bounce House Laser Tag

Obstacle Course Bounce House Cupcake Decorating

Softball Tournament Dunk Tank

**Drawings for TGI Friday Gift Cards, Ipod Touch and more!
Drinks and Snacks will be served:
Sno Cones, Popcorn, Cotton Candy and much more!





Disciplinary actions

AW Staff - LOR (GTC) MDG - LOR MSG - LOR

MXG- none 254 CCG - none







Sponsored by the Family Programs Office and the First Sergeant's Council





Date: May 17, 2014
Time: Judging begins at 1430
Location: Near pavillion 2

For rules, registration and additional information please contact Heidi Bearden: heidi.bearden@ang.af.mil or MSgt Troy Proctor: troy.proctor@ang.af.mil





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2A6X1 - (3) AEROSPACE PROPULSION (B)

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Officer Billets please visit www.agd.state.tx.us or Texas Military Forces for officer vacancies. *(B) bonus



